

# CARLOS ALCARAZ ACADEMY

UNITED STATES CAMPS GUIDE 2025



POWERED BY



# 1. ABOUT SDA AGENCY



## SDA AGENCY

**SDA Agency** collaborates with world-class institutions to bring you **top-tier sports events**, designed to help you unlock your potential and live your passion for sports.

SDA Agency is the official partner of the **Carlos Alcaraz Academy** (U.S, Mexico, Australia, New Zealand) and the **Real Madrid Foundation** (Australia, New Zealand).



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## 2. BASIC INFO

Players of the Carlos Alcaraz Academy camp will enjoy a **comprehensive learning experience** that encompasses physical fitness, mental resilience, as well as tactical and technical expertise. A series of transformative days that harness **the essence of Carlos Alcaraz's values and training methodology**: daringness, intensity, forward-thinking play-style, discipline and positive mindset.

### DATE AND LOCATION

 **SAN DIEGO**  
JULY 7 TO 11

**CLAIREMONT HIGH SCHOOL**

4150 Ute Dr, San Diego  
CA 92117, United States



 **LOS ANGELES**  
JULY 14 TO 18

**LONG BEACH STATE UNIVERSITY**

1250 Bellflower Blvd, Long Beach  
CA 90840, United States



### CAMP AMENITIES



**Free refills** will be available for all players during the camps.



**Free sunscreen** will be available throughout the camps.

- Lunch is **not included**.
- Parents can choose to **stay** and watch the camp **or pick up their kid/s** at the end of the day.



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## 3. CAMP ACTIVITIES

### WELCOME MEETING

The **Welcome Meeting** will be held on the first day of the camp. Participants will receive an introduction to the activities program, facilities, staff and coaches.



### COMPETITION GAMES

Matches and exercises with **real game situations** and competitive elements. Master **mental control**, adopt **strategic plans** and the appropriate **mindset** for matches at **tournament level**.

### SKILLS ZONE

Learn from specialized world-class coaches and **improve both technical and tactical aspects of your game**. Precise shots and baseline play, taking control of points, learning dynamic positioning to keep pressure on the opponent, and more.

### FITNESS

**Targeted exercises** aimed at improving speed, bolstering physical power and ensuring long-lasting stamina. Build your agility, strength, and endurance to **face any situation in competitive and individual play**.



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## 3. CAMP ACTIVITIES

### TACTICS AND TECHNIQUE

**Court positioning and groundstrokes:** Utilize your on-court positioning strategically to execute precise plays.

**Footwork and loading techniques:** The key to agility and powerful hits is mastering footwork and loading techniques. Stay prepared to outmaneuver your opponent consistently.

**Game domination and point closure:** Leverage your strengths to your advantage, transforming every situation into a winning opportunity.

**Structuring tactics:** Acquire fundamental knowledge of game tactics and craft a game plan to navigate through various situations.

### SPORTS PSYCHOLOGY PROGRAM

Learn the essential **values** that Carlitos lives by, study the **mindset** that allows him to successfully face the best players in the world. These **insightful sessions** touch on Carlos Alcaraz's remarkable trajectory, life, training, and the significance of a strong attitude and values both on and off the court. They provide participants an opportunity to ask any questions they may have. They will be **conducted by Carlitos' own close team**, a group of professionals that have been with him since the very beginning.

### SPAIN TENNIS TRAVEL PROGRAM PRESENTATION

Carlos Alcaraz Academy and SDA Agency staff will present the *Spain Tennis Travel Program*, which allows players to **travel to Murcia, Spain**, and train in the official Carlos Alcaraz Academy facilities and **experience in first person** the training Carlitos received during his career. Participants will also **tour another big Spanish city**. Attend the presentation for the full details and information.

### TROPHY CEREMONY

During the **closing ceremony**, participants receive their **certificate** for successfully completing the camp, and highlighted players receive **awards** for their achievements and effort. It is a celebration of dedication, hard work, and passion for the game that brings together players, coaches and families in spirit of friendship and achievement

### TOURNAMENT

Players will be able to put the skills they learned to the test in **the final camp tournament**. A thrilling competition that serves as the culmination of skill, teamwork, sportsmanship, passion and memories made during the camp.



# 3. CAMP ACTIVITIES

## TENTATIVE SCHEDULE

### JUNIOR CAMPS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNIOR CAMPS	WELCOME MEETING & COURT DISTRIBUTION				
	LEVEL TEST	FOOTWORK MOVEMENT AND LOADS	DOMINATING THE GAME AND FINISHING POINTS	TACTICS STRUCTURE	TOURNAMENT
	ENERGY BREAK				
	SKILLS ZONE	SKILLS ZONE	SKILLS ZONE	SKILLS ZONE	TOURNAMENT
	FITNESS	FITNESS	FITNESS	FITNESS	
	LUNCH				TRPHY CEREMONY
	COMPETITION GAMES SERVES AND RETURNS	COMPETITION GAMES BASELINE GAME	COMPETITION GAMES INSIDE THE COURT	COMPETITION GAMES DOUBLES	
	SPORTS PSYCHOLOGY MENTAL TRAINING	SPORTS PSYCHOLOGY MENTAL TRAINING	SPORTS PSYCHOLOGY MENTAL TRAINING	SPORTS PSYCHOLOGY MENTAL TRAINING	

### ADULT CAMPS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ADULT CAMPS	POSITIONING AND BASIC GROUNDSTROKES	FOOTWORK MOVEMENT AND LOADS	DOMINATING THE GAME AND FINISHING POINTS	TACTICS STRUCTURE

/ These are tentative schedules, activities and timings might still be subject to changes and modifications.



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# 4. CLOTHING KIT



## CLOTHING KIT

Each player will receive a Carlos Alcaraz Academy clothing kit included with the registration. During the camp, it is required to wear the official Carlos Alcaraz Academy clothing kit provided. Uniforms must be picked up the day before the camp starts, at your camp's location.



## CLOTHING KIT



Extra uniforms from the Carlos Alcaraz Academy will be available for purchase at a pop-up tent store during the camps.

\*Shorts and skirt only for junior players.



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## 5. CONTACT US

### CONTACT



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